

Cajun Spiced Pecans

Ingredients:

- pound pecan halves
- 4 Tbs butter, melted
- 1 Tbs chili powder
- 1 tsp salt
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper



Combine all ingredients in Crock Pot. Cover and cook on high for 15 minutes. Turn on low, uncovered, stirring occasionally for 2 hours. Transfer nuts to a baking sheet and cool completely. Pack into glass jars and decorate with bows for holiday gifts. www.southernfood.about.com

WOW Tip: Eat sparingly!